

YOGA

Beginner yoga focuses on basic yoga flow and inspired postures. Enjoy learning the principles of calm mental and physical being. Focus on core strengthening with attention to the upper and lower back. Bring a yoga mat and water to each class to stay comfortable and hydrated. Wear comfortable exercise attire. No prior training needed.



Date: Mondays, January 23 - March 26

Time: 6:00 pm - 7:00 pm

Location: [Level Road School House](#)

198 Level Road
Collegeville, PA 19426

Fee: ERS \$99 Resident
\$109 Resident
\$119 Non Resident

FOR ADDITIONAL INFORMATION & TO REGISTER:

Lower Providence Parks and Recreation
(610) 635-3543

WWW.LOWERPROVIDENCE.ORG

